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REHABILITATION GUIDELINES FOR ACL RECONSTRUCTION WITHOUT MENISCUS REPAIR OR CHONDRAL REPAIR PROCEDURE:

Stage 1(Day 1-4 weeks):

ROM: hinged splint with intermittent active assisted and passive ROM as tolerated (extension to flexion and patellar mobilization), prone knee hangs; post-op brace locked at 0 degrees full extension when not ranging; brace in full extension during sleep for the first 6 weeks. Brace off for range of motion exercises.

Strength: quad sets and SLR (without weights), isometric hamstrings, ankle pumping, supine elevated heel stretch; electrical stimulation if quadriceps inhibition; opposite leg and UE strengthening.

Weight bearing: as tolerated with brace on.

Modalities: EMG biofeedback to hamstrings and quadriceps prn; EMS prn; cryotherapy

Sports: none.

Stage 1(Day 5-4 weeks):

ROM: hinge unlocked for active and passive ROM, prone passive extension exercises; gastrosoleus stretching. Brace off for range of motion exercises.

Strength: quad and hamstring active exercises ranging against gravity, PRE(light weights with quadricep and hamstring stations)-quads 90 degrees-60 degrees and hamstrings within available ROM, ½ squats and other closed chain exercises, continue SLR without weights, stationary bicycle when range is adequate

Sports: none.

Stage 2(4 weeks-6 weeks):

ROM: as above.

Strength: PRE and SLR as above

Weightbearing: as tolerated

Modalities: as above.

Sports: none.

Stage 3(6 weeks-4 months):

ROM: as above; may remove brace for sleep and range of motion exercises. Only wear her brace in crowds or other unsecure circumstances.

Strength: SLR without weight, PRE-quads 90 degrees- 60 degrees only, hamstrings full range, squats, hip exercises, stationary bicycling, step-ups(Stair-Master), rowing machine, swimming, and slide board.

Weight bearing: as tolerated

Modalities: prn

Sports: steps-ups, rowing machine, swimming, and slide board

Stage 4(4 months-6 months):

ROM: as above

Strength: PRE-quad PRE with FROM in addition to above.

Weight bearing: WBAT; no postoperative brace except for functional brace [as needed]; may need to use ACL brace for running and agility exercises.

Modalities: prn

Sports: initiate straight jogging to ½ speed running with the ACL brace on.

Stage 5(6 months and beyond):

ROM: as above

Strengthening: as above

Weight bearing: as above

Modalities: as above

Sports: progress through graduated running program such as “functional rehabilitation program”

Resume main sports if patient has obtained near full ROM and has obtained at least 80% of quad and hamstring strength as compared to the other extremity.

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